



State Employee Health Plan Newsletter



Meet the Team

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Hello!

Welcome to the SEHP Spring Newsletter!

We hope you are enjoying a Happy,
Healthy & Prosperous year, thus far!

How do you tell someone Winter is over?

You “Spring” it on them!

Are you ready for the cold to March itself
out, and the warm showers of April to rain
down, so that May will paint the grass green,
bring flowers to full bloom, and feel the warm
sun shining on your face?..... WE ARE TOO!

For this newsletter, we want to remind you
to make sure you schedule Wellness checks, and
provide you with some general clarification on
contact information, so you can reach the person
you need right away!

March is Save Your Vision Month, and March 22nd is World Oral Health Day..... which makes for a perfect time, to schedule annual vision, semi-annual dental exams, and wellness checks, so you earn your HealthQuest points to be applied towards your next plan year's premium discount and earn HRA/HSA dollars!



Take control of your eye health on a daily basis by using these tips from the National Eye Institute.

- **Wear Sunglasses** – Wearing sunglasses protects your eyes from the sun even on cloudy days.
- **Wear Safety Eyewear** – Protect your eyes during sports, construction work, or home repairs by using safety glasses and goggles.
- **Rest Your Eyes** – Take a break from looking at your computer every 20 minutes, or look at an item 20 ft. away for 20 sec. of time to give your eyes some rest.
- **Contact Lenses** – To prevent infection with your contact lenses, make sure to wash your hands before you put them in and take them out. Use contact solution to clean your lenses and replace them when you're supposed to.

Great smiles are easy to maintain, but hard to regain. Besides avoiding sugar, here are some tips for keeping your oral health the best it can be:

- Eat a balanced diet with plenty of fruits, vegetables, whole grains, and low-fat dairy products. Keep foods high in sugar or starch to a minimum, and drink plenty of water every day.
- Brush your teeth gently at least twice a day, with special attention to the gum line. Use a soft-bristled toothbrush and fluoride toothpaste.
- Floss at least once a day.
- Don't forget to brush your tongue—it cleans and refreshes your mouth and removes bacteria.

Visit your dentist or dental hygienist regularly for professional cleanings and oral exams.



Contact Membership when...

- *You have a qualifying event change, or if you need to know what eligible Dependent documentation is required
- *You need to change your personal contact information
- *You need replacement ID cards
- *Needing COBRA information

Contact Benefits when...

- *Questions about your Explanation of Benefits (EOB)
- *Questions about covered/non covered services
- *Questions about network providers
- *Concerns about service from any of our vendors



Have Questions? We have Answers!

Did you know you can refer to our SEHP Contacts located on the SEHP website for a list of direct numbers and emails?

<http://www.kdheks.gov/hcf/sehp/contacts.htm>